CEDAR PARK RECREATION CENTER!



Location: Town Center at 1435 Main Street. (512) 401-5516. This 47,500 sq. ft. state-of-the-art facility houses two full court gymnasiums, cardio/weight workout areas, group exercise rooms, meeting rooms, game room, babysitting room, arts and crafts room, and an elevated walking/jogging track. Activities are offered year-round for children and adults. See class listings on the next page. You can register for activities on-line at www.cpparks.net. Facility rentals can be made in person at the Rec. Center. Resident rate will require proof of residence such as a utility bill.

HOURS OF OPERATION

Monday-Thursday 5:00 AM - 10:00 PM

Friday 5:00 AM - 9:00 PM Saturday 8:00 AM - 8:00 PM Sunday 1:00 PM - 6:00 PM

RENTAL RATES

Rental fees per hour during business hours				
Facility	Sq. Ft.	Resident	Non-Res	Deposit
Community Room (1/3 room)	1010	\$35	\$70	\$100
Gymnasium 1/2 court	2100	\$50	\$75	\$100
Kitchen	210	\$10	\$15	\$100
Craft Room	280	\$15	\$30	\$50
After hour re	ntal fe	es per l	hour	
Gymnasium (1 full court)	4200	\$150	\$200	\$100
Gymnasium (2 full courts)	8400	\$225	\$275	\$100
Community Room (1/3 room)	1010	\$60	\$90	\$100
Kitchen	210	\$15	\$20	\$100

Multi Purpose, Community Rooms, and Craft Room

Great for meetings, receptions, baby and bridal showers, birthday parties, conferences, workshops, art shows, recitals, graduations and more... Alcohol is prohibited in this facility.

*Our Multi-Purpose and Craft Rooms are also available to rent; please inquire at (512) 401-5500. Restrictions may apply.

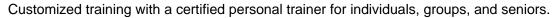
RECREATION CENTER MEMBERSHIP FEES Individual Seniors (60+) Youth Couple Length of Family **Senior Couple** Membership Resident Resident | Non-Res Resident Non-Res Resident Non-Res Non-Res Resident Non-Res Resident Non-Res Annual \$240.00 \$360.00 \$120.00 \$240.00 \$60.00 \$120.00 \$60.00 \$120.00 \$200.00 \$300.00 \$110.00 \$220.00 \$70.00 \$35.00 \$70.00 \$20.00 \$35.00 \$20.00 \$35.00 \$55.00 \$80.00 \$30.00 Quarter \$95.00 \$65.00 \$25.00 \$35.00 \$15.00 \$25.00 \$10.00 \$15.00 \$10.00 \$15.00 \$20.00 \$30.00 \$15.00 Month \$25.00 \$5.00 \$10.00 \$5.00 \$10.00 \$5.00 \$10.00 Day







PERSONAL TRAINING





GENERAL FITNESS - Free with membership

A combination of cardio, weights, stretching, and resistance work – Tuesdays and Thursdays 7:30 – 8:30pm for Recreation Center members only.

TEEN & ADULT FIT (Instructional)

Learn equipment safety, proper gym etiquette and get the latest workout strategies. This instructional is taught by personal trainers.

YOGA (Regular Yoga, Gentle Flow Yoga, Chair Yoga & Meditation Workshop)

Yoga is a form of exercise with focus on breath and relaxation. All ages and levels are invited. Yoga is a great way to improve your posture, range of motion and functional strength. *One free class per person is permissible*.

Adult Yoga is offered Mon/Wed at 6:45 pm
Chair Yoga is offered Mon/Wed at 1:30 pm
Beginner Yoga is offered Sun at 5:00 pm
Meditation Workshop is offered on the third Sunday of the month at 1:30 pm.

ZUMBA

The Zumba program fuses Latin rhythms and easy-to-follow moves that create a one-of-a-kind fitness program that will blow you away! Zumba classes are one hour long. *One free class per person is permissible*.

Zumba-Mon/Wed 8 pm **Zumba-**Saturdays 12 pm

Zumba-Tues/Thurs 8:30 pm

Zumba Toning/Insanity-Tues/Thurs 5:30pm

KINDERDANCE

The original nationwide dance, motor development, gymnastics, and fitness program that combines academic readiness skills which are specifically designed for boys and girls ages 2-5.

Kindertots (2), Kinderdance (3-5), Kindergym (3-5). Classes are Saturdays and Wednesdays; times vary.

JAZZERCI SE

Each 60 minute workout is a fusion of dance and muscle toning movements choreographed to today's hottest music. Classes are Mon-Sun. Classes are Mon./Wed./Fri. 8:15 am, 9:15 am, 5:30 pm; Tues./Thur. 8:15 am, 9:15 am, 6:30 pm; Sat. 8:15 am; Sun. 3:30 pm.



For information on registering for the above classes, please call the Recreation Center at 512-401-5500. All class dates and times are subject to change.